

More complete health care—now at your doctor's office



Your emotional health plays a big role in your physical health. That's why Swedish primary care clinics include LGBTQIA+ informed behavioral health experts. Patients of all ages—children to seniors—are encouraged to take advantage of this convenient service.

Are you troubled by stress, depression, mental health concerns or substance abuse? Are you questioning your gender identity or expression or your sexual or affectional orientations? Are you thinking about disclosing your HIV status to your partner or having trouble making healthy lifestyle changes? We can help.

Now, with a referral from your primary care provider, you can receive expanded help for these issues at the same clinic where you get primary care. By combining your medical and behavioral health care into one package, we get a better picture of you as a whole person. As a result, we can provide more effective, holistic care that respects your gender identity and expression and your sexual and affectional orientations.

Finding the right service for you

LGBTQIA+ informed psychologists, social workers and psychiatrists are part of Swedish primary care clinics. They will work directly with your doctor, who will always stay in charge of your care. We'll help you stay on track emotionally and physically.

We will structure the service to meet your specific needs. Many patients are troubled by anxiety and depression, but we can help with other issues too. Perhaps you would like help to lose weight, stop smoking, or work on a diet and exercise plan. We can help with that.

Expert consults

Behavioral health visits in the primary care clinic are brief—usually 30 minutes or less. They continue until you are feeling better, which for many people is just a few visits.

If you are a Swedish primary care patient, your provider may refer you to one of our psychiatrists for short-term consultation (one to three visits).

In either case, we will refer you to a trusted professional in the community if more extensive care is needed.

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Tailored for primary care

Our behavioral health providers are trained to be generalists, which means they are ready to serve patients at any stage of life and with any presenting concern, while also respecting their unique lived experiences and intersecting identities.

They are also designed to be accessible at the time you desire care in the clinic you are familiar with. Like visits with your doctor, our behavioral health providers will meet with you for about 20–30 minutes and provide targeted, evidenced-based interventions that are meaningful to your life. They will work with you until you are improving and have a plan in place for maintenance and/or can support you in getting connected to other services.

Having an LGBTQIA+ informed behavioral health provider on your team not only gives you a safe space to discover new ways to tackle the

difficulties in your life but can also be a resource to the rest of your medical team so that they can best support holistic and informed care as well.

Note: For clinics that do not have a dedicated behavioral health provider, there are virtual appointment options.

Let's talk

We accept most major health insurance plans. If you do not have insurance or if you have financial concerns, please let us know. Our billing specialists will work with your insurance company or with you to help you get the care you deserve.

If you'd like to talk with one of our LGBTQIA+ informed behavioral health experts, please tell your Swedish primary care provider. We're a team — and we're all about taking better care of you.

We do not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity or expression, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711)
注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)

